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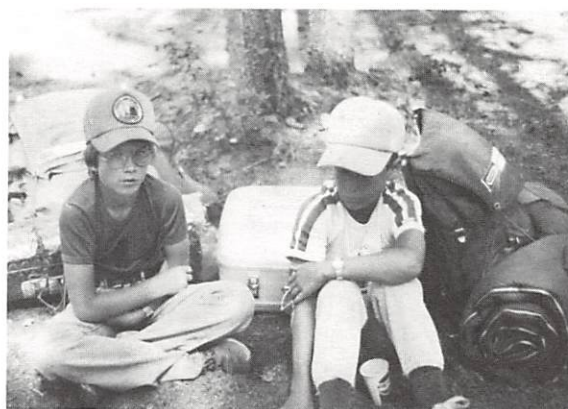
VOL. 37, NO. 1
SPRING 1985



OFFICIAL PUBLICATION
OF THE CANADIAN
CAMPING ASSOCIATION

L'ASSOCIATION DES
CAMPS DU CANADA —
PUBLICATION OFFICIELLE

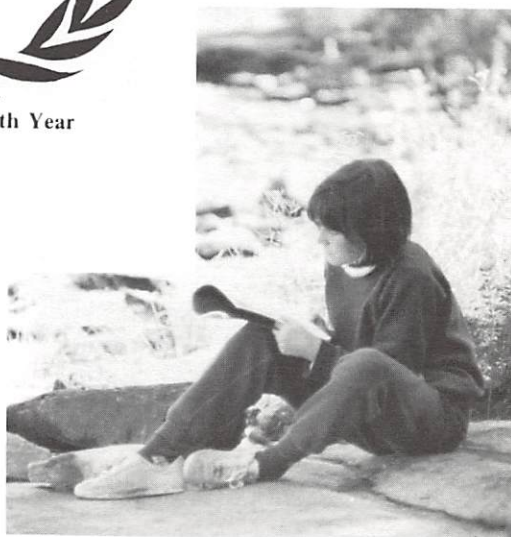
Camping



Année internationale
de la jeunesse
1985



International Youth Year
1985



**SPECIAL
EDITION**



MESSAGE FROM THE PRIME MINISTER

MESSAGE DU PREMIER MINISTRE

I am delighted to send my warmest greetings and sincere best wishes to the members of the Canadian Camping Association on the occasion of International Youth Year.

The designation of 1985 as International Youth Year provides us with a unique opportunity to show our confidence in Canada's youth. It is a time to celebrate their accomplishments and to ensure that opportunities exist for young people to participate in decisions affecting them. The youth of Canada are speaking out and through the exchange of ideas, they strive to improve their understanding of our international community.

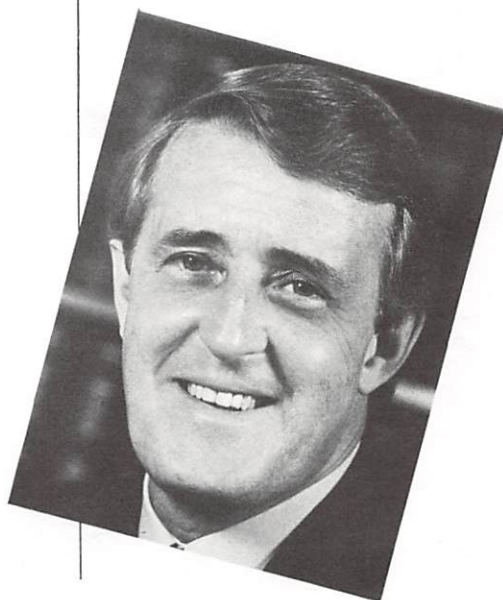
Interest in International Youth Year is widespread in Canada. Community groups, youth organizations, business, labour and all levels of government are actively involved in planning activities to mark the Year. These activities will not only serve to increase public awareness of the concerns and aspirations of young people, but will also give occasion to consider ways in which we can assist them in developing the necessary tools for facing the challenges of the future.

Canada's young people are her most valuable resource, and their creativity, talent and energy are of immeasurable benefit to our society. Let us celebrate their energy and potential of our youth and respond to the accomplishments and idealism with a spirit of innovation and a renewed sense of hope.

Through the development of leadership skills and encouragement of respect for our natural environment, the Canadian Camping Association has provided effective avenues for our country's youth to channel their energy and imagination. On behalf of the Government of Canada, I applaud the initiatives of your association's International Youth Year Task Force in promoting the themes and objectives of the Year and wish you every success in meeting the challenges of the future.

John Mulroney

OTTAWA
1984



Minister of State
Fitness and Amateur Sport

Ministre d'État
Condition physique et Sport amateur

In declaring 1985 International Youth Year, the United Nations has spotlighted our most precious of future resources, the world's young people. It will be a year of celebration and evaluation, a time to make a serious appraisal of the opportunities we should be making available to youth as they mature within our complex society.

How our youth fill their leisure hours can be as important to their development as their studies. A fit, healthy body matched with an inquiring mind is a pretty unbeatable combination and young people today should be made aware of the benefits of a physically active lifestyle.

Camping as both a leisure pursuit and an educational experience cannot be overrated. A well-organized camping outing can be an ongoing voyage of discovery for both the novice and veteran camper. Learning to appreciate our nation's exceptional wilderness, mastering new skills and sports and sharing in the unique camaraderie of camping—the fun of camping grows and grows.

As Minister of State for Fitness and Amateur Sport, I would like to compliment the Canadian Camping Association on its IYY programming for the coming year. This insight into the needs of the camping youth of Canada will, I am certain, reward the Association's membership for years to come as they become familiar with a leisure pastime that can bring pleasure for a lifetime.

En déclarant 1985 Année internationale de la jeunesse, les Nations Unies ont mis en lumière une de nos ressources les plus précieuses pour l'avenir: notre jeunesse. Ce sera une année de célébrations et d'évaluation, une occasion de faire une sérieuse étude des occasions que nous devons offrir à la jeunesse qui s'épanouit dans une société de plus en plus compliquée.

La façon dont les jeunes occupent leurs loisirs peut être tout aussi importante pour leur développement que le progrès dans leurs études. Un corps sain ajouté à un esprit ouvert constitue une combinaison imbattable et il faut que les jeunes d'aujourd'hui soient sensibilisés aux bienfaits d'un mode de vie actif.

Le camping, pratiqué comme loisir ou comme expérience pédagogique, offre de multiples avantages. Une sortie bien organisée de camping peut devenir un voyage de découverte, tant pour le novice que pour le campeur chevronné. Apprendre à connaître la nature à l'état sauvage, maîtriser de nouvelles aptitudes et de nouveaux sports et tremper dans une atmosphère de camaraderie sont quelques-uns des aspects qui font du camping une expérience inoubliable et continue.

En ma qualité de Ministre d'État à la Condition physique et au Sport amateur, je félicite l'Association canadienne de camping pour son programme de l'A.I.J. Cette attention aux besoins de la jeunesse en matière de camping attirera un nombre grandissant de jeunes au sein de l'Association, du fait qu'ils auront eu l'occasion de se familiariser avec tous les avantages du camping.

Otto Jelinek

Otto Jelinek

Canada

Chairman's Perspective

By: Hugh Phillips, Chairman, IYY Task Force

1985 has been declared by the United Nations as International Youth Year. This declaration is timely.

In unprecedented fashion, youth find themselves in a paradoxical situation. This is a time of great anticipation in our world as the 'third wave' is earmarked by enormous change and challenge for youth. Yet equally cogent forces of disruption and despair abound in the minds of people, especially our youth.

Perhaps the four themes of IYY best capture for youth the complexity of their world. Roots, fitness, environment and peace are all issues which command involvement of the young. Where are they from, what kind of world are they living in, to what extent are they fit to cope and will the future bring peace?

The articles in this publication highlight the four themes of IYY. They speak about many of the concerns and changes confronted by the young Canadians. Even more, they urge youth to progress from an awareness of the topic to an understanding and finally to action. The concluding article identifies specific things to be done by youth within their camp setting.

Youth do matter. They can effect change, not simply for its own sake, but for the benefit of their world, their camp, their future.

Here's to youth!

Here's to all of us who want to live as youth - life to the full.



Photo: Fitness Canada

President's Perspective

By: Jocelyn Palm

This International Year of Youth gives the Canadian Camping Association an opportunity to make a statement.

Camping is unquestionably in the youth sphere. Over 450,000 campers and 70,000 staff will be at CCA member camps this summer. Most of this number fit into the category of 13-24 years, defined as 'Youth' in this 1985 International Year of Youth, declared by the United Nations. Youth in camps find meaning and futures. They learn skills as campers and many obtain employment as leaders in their camps.

It is all too easy for adults to slip into the mindset of not being able to keep up with younger people! In fact, youth want and appreciate leadership from adults who have perspective; adults who stay forever young in spirit and enthusiasm. This Youth Year reminds those of us who are no longer in the 13-24 year group that we are wanted and needed. Camping offers this valuable interface of youth and adults together in a meaningful adventure.

I have asked hundreds of adults who are former campers how they feel about their camp days. Here are the most frequent responses; "I remember those days best" and "Camp has made a significant impact on my life", or "I made some special friends at camp, these people are still my friends" and often, "I want my child to go to camp because I know he will learn skills which I cannot teach him, a camp experience is unique".

A prominent business person and former camper said to me last week, "If I had children going to camp in 1985, I'd want them to learn self-reliance, self-meditation and how to do things." To what extent are these valuable aspects available for youth in your camp? It is obvious that the activity skills we teach are pursued through a lifetime. And I know that campers are learning who they are and where they fit as an individual and in a group.

It is not enough to know in your heart that camp is invaluable for youth. Let's make this known in our 1985 camping promotion; tell it, sell it, show it, live it. Throughout this year, let's involve, encourage and recognize youth in camping.

The CCA salutes and thanks Hugh Phillips of Edmonton, our IYY Chairman and his Committee Sylvia Haynes, Vancouver, Peter Goddard, Montreal, John Latimer, Toronto and Ian Fowler, Moncton. Each has done an excellent job over many months to bring the CCA's focus on youth to the forefront in this special year.

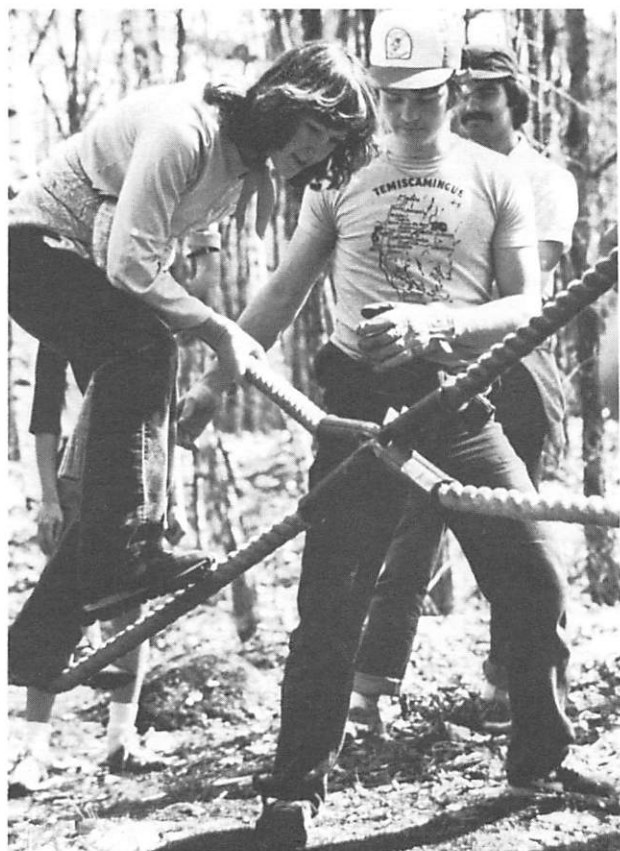


Photo: Fitness Canada

Camp Youth In Action

By: Hugh Phillips, CCA Chairman,
International Youth Year Task Force

How can I, one of Canada's six million youth, make 1985 an important year for me and my camp?

This special Canadian Camping Association edition has highlighted four themes of International Youth Year. All of these topics - roots, environment, fitness and peace - are very important and timely. Will you take one of these topics and do something for your camp?

We have shared some ideas for Environmental and Fitness Activities. This list of 'do-its' is not complete or comprehensive. But perhaps the ideas suggested will get you thinking.

We have purposely left the activity challenge for Peace and Historical Roots up to you. Use your interest and leadership skills to develop this idea bank and make a real difference in your camp program for 1985.

Show your camp that you care ... you matter ... you want to celebrate youth!

Theme: Fitness

More and more, fitness is becoming a fact for Canadians. At camp, we have an opportunity to support fit bodies through our program and facilities. Here are some ideas - new and old.

- Think FAT ... Encourage your youthful campers to become fit by showing them a number of Fitness Activities for Teens.
- Fitness Fair ... Organize a special day at your camp which has a program full of fun fitness events.
- Fitness Survey ... How fit were your campers on arrival? How fit are they on their departure? Can they return next year with fit bodies?
- Fitness Trail ... Set up a loop, a challenge trail or adventure course which allows campers to take time each day to implement a fitness program.
- Fitness Food ... The sage tells us we are what we eat. Consult your camp cook to prepare a high energy and/or low calorie and/or diet conscious meal. 'Beef-up' on your food facts to present to the campers.
- Fitness Facts ... Put together an impressive stats and facts sheet on fitness for Canadians. Display your work in/at a prominent and suitable site. Perhaps make a 'trivial pursuit' game of this!
- Fitness Follies ... Challenge a neighbouring camp to develop fit campers. Culminate this challenge in a fitness follies day.
- Fitness Figure ... Invite a sports figure who depends upon a fit body and mind. Ask them to participate and/or talk about how they keep fit.
- Fitness Feet ... Let your feet do the jogging. A jog a day keeps the cogs okay!
- F.U.N. ... Remember that 'fitness uses 'nowledge'. That is, fitness is fun when you as a leader are informed about the hows and whys of keeping fit.
- Fitness File ... Build up a bank of resources on fitness by contacting local, regional and/or federal organizations which offer print and non-print material.

Theme: Environment

The campsite is a 'natural' place to enjoy and investigate the wonders of our environment. Here are some starters to try out.

- Who lives here? ... Find out who lives at your camp by taking an inventory of plant life, animal signs or life. You may be amazed at how much you find!
- ECO Trail ... Set aside an ecology trail to be used exclusively for exploring. You may wish to make this self guiding with 'stations' along the way and/or to be used with the camp naturalist.
- Mystical Tour ... Learn the stars and their constellations in your area. Share these on a star walk or at an evening campfire.
- Camp Garden ... Set up a garden which can help supply fresh food for summer campers. Part of campers' duties can be the care and culturing of the 'camp cooperative'.
- Compost Bin ... Recycle biodegradable kitchen wastes. The resulting compost can be used on the camp garden.
- N.R.C. ... Set up a N.R.C. (nature resource centre) by contacting local and provincial organizations which produce materials about our environment. Many booklets, films and some kits can be obtained.
- Adopt-a-Tree ... Become friends with something natural in your camp area, such as a tree. Many individual and group activities can be created around your 'friends'.
- E.S.A. ... Establish an official 'environmental study area'; a place where campers can find and learn about many special features of our natural world.
- Magic Spot ... Encourage campers to seek out and find a 'magic' spot on your camp site. A place where in free time, a camper can be alone and find the serendipitous moments. (Details of this idea to be found in book *Acclimatization* by Steve Van Matre.)
- Camper Connoisseur ... Encourage campers to become connoisseurs of nature by specializing in ponds, stars, butterflies, fur-bearing animals, flowering plants, etc., etc.! Have your own resident naturalists. Take time to share of their expertise.
- Plant Talk ... Many myths, stories, legends and folklore tales abound with the plants in your area. Plants also have medicinal uses, food value and non-virtues (poison ivy). Take time in the camp program for some fascinating plant talk.
- Import Time ... Invite a local naturalist who can help you discover or rediscover the treasure house of nature's gifts at your camp. Bring alive what your camp offers.

This Special Edition of Canadian Camping has been produced by the CCA International Youth Year Task Force. The IYY volunteers are: Marjorie Booth (Ontario), Ian Fowler (New Brunswick), Peter Goddard (Québec), Sylvia Haynes (British Columbia), John Latimer (Ontario), and Hugh Phillips (Alberta).

The IYY Special Edition Coordinator, Sylvia Haynes, would like to thank Jay Haddad for his contribution to the design of this issue.

Cover Photos (Clockwise from Upper Left)
Mazinaw (Ont.)
John Bosco (Sask.)
Mi-A-Kon-Da (Ont.)
Fitness Canada

Cover Photo Design: Ray Bowers

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Canadian Camping is an official publication of the Canadian Camping Association/Association des Camps du Canada. Canadian Camping (ISSN 008-3119) is published quarterly. CCA/ACC membership includes a subscription; non-member subscriptions in Canada \$6.00 a year or \$15.00 - 3 years. Send address changes to CCA/ACC, 1806 Avenue Road, Suite 2, Toronto, Ontario M5M 3Z1.

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Youth and the Environment

Developing the Ability to Think Ecologically

By: Milton McClaren, Faculty of Education
Simon Fraser University, Burnaby, B.C.

Many young people are urged to become "Logical Thinkers". By this is generally meant developing the habit of thinking in a step-by-step, straight line, one-thing-at-a-time sort of fashion. It also usually involves learning how to break a problem down into pieces, to ANALYSE it, to find out what is missing, and then to solve the problem by finding the missing piece, the "solution".

This sort of thinking is very powerful. It has been the basis of many of the accomplishments of modern science, technology, business, and law. It is very good for dealing with problem situations which people have seen before. In school people learn how to recognize what is required by a particular problem. Thus, once they learn how to recognize that a problem requires subtraction, or multiplication, or the application of a particular rule of grammar, then they can proceed to deal with it. They know the rules of the game, and apply them. As long as rules of baseball are applied to baseball, and not to hockey, then the correct result will usually be found, provided no mechanical errors are made.

However, there are other types of thinking, equally powerful and just as important to human history. They are often not taught in school, but they probably should be. They involve seeing things whole, rather than as collections of parts, they involve thinking about systems, and about how things interact with each other, over time. They involve looking at change, at growth, at evolution, and development. They entail using the human imagination to invent new solutions to old problems, and to solve problems that haven't been seen before, or to go in entirely new directions.

Unfortunately, the first type of thinking is powerful, and fairly easy to teach. It is used a lot. There is an old folk tale which tells about a wise man who has lost his keys. A neighbour finds the wise man on his hands and knees looking very carefully at the ground under a lamp post. The neighbour asks what is going on, and is told, "I've lost the keys to my house and I'm looking for them." To which, the neighbour, meaning to be helpful, asks, "Did you think that you'd lost them here?" "Oh no," replies the wise man, "I lost them over there, but the light is much better here." The moral of this tale of course is that we tend to do what we can already do, or know how to do, even when it may not be very helpful.

Ecological thinking requires a wide range of abilities including both the "linear", orderly, step-by-step, analytical thinking and the "all-at-once", "seeing things whole", imagination-rich variety. Some modern writers have associated the linear, orderly sort of thinking with the LEFT side of the human brain, the left cerebral hemisphere, while the all-at-once, holistic sort of thinking has been assigned to the RIGHT side or right cerebral hemisphere. Thus, they've associated sequential processes such as solving arithmetic problems, or writing sentences, or reading printed text, with the LEFT BRAIN, and have put much of the visual and movement arts, as well as imagination and emotions in the RIGHT BRAIN. This idea is all right as far as it goes, and there is evidence from Neurosurgery and Neuropsychology that supports it, but normal human beings have a lot of connections between the two sides of cerebrum. We think with WHOLE BRAINS. However, in our culture, in the developed, western, technological-industrial states, we tend to attach a lot of importance to the BASICS: Reading, Writing, and Arithmetic, and we treat art, and music, or dance as Frills, and even actively discourage creative, unorthodox, imaginative solutions, especially to "traditional" problems. Perhaps this is why so many talented inventors and creative people don't do well in school.

Ecological problems and ecosystems are complex. They can be broken down into their parts. They can be analyzed. One environmental educator asks students to select an area of the forest floor. He then asks

them to use a little spade to pick up layers of the soil, sorting the sections into separate bags. Each bag will be different - top soil, leaf litter and humus, sub-soil, bed rock, etc. But then, he asks the students to put it together again. The point is simply that the WHOLE in ecology is often more than the sum of its parts. Ecosystems are collections of parts which interact with each other. Understanding the individual, separate parts can be very useful. For example, it might be very useful to a person who had never before seen a gasoline engine to take it apart, and to study all the pieces. But, if they had never seen the engine run, and didn't even know it was an engine, then knowing about the parts might well be insufficient to getting it to operate.



Photo: Hugh Phillips

The Great Lakes system is a complex collection of ecosystems. It has now been made even more complex by the addition of hundreds of human-made compounds. It is possible to look at any one of these - mercury, or lead for example, but these elements aren't "alone" in the lakes. They interact - with water, with the wastes of animals and plants, with living animals and plants, with sunlight, with all the other elements and compounds in the lakes. As we try to figure out how much mercury is "safe" to allow in the lakes, how can we deal with all of these interactions?

Ecological problems are also complicated by the TIME factor. Ecological systems aren't frozen in time. They are constantly changing. We like to study and think about things as if time didn't matter - but in ecology, it does. Every day that we decide NOT to act on acid rain we are in fact DOING something by NOT ACTING, because time is still operating - the clock is running.

To think ecologically you need to use both your orderly, systematic brain and your imagining, "playful", visionary brain. You need to learn to take things apart (as in figuring out how many different energy requiring

steps are needed to get your grapefruit, or egg, or cornflakes, from their sources to your breakfast table). You need to learn to see things whole - to think about how the world might be different if the various fast food outlets didn't sell Billions of Burgers every year, or if we didn't spend 6% of the planet's wealth on arms. You need to learn to think across time. Suppose we decide to save money today by not installing a pollution control device on the local factory smokestack - what sort of long term costs and benefits might there be. Are we trading short term gain for long term pain? We need imagination, because imagination can produce visions of what the world might look like if various things were changed. For example, what would things be like if we were able to do without oil, or coal, or nuclear fuels, or if we didn't all need to go to work (at the same time, by car, or train, or bus, five days (the same five) every week.) You need imagination in order to empathize with other people, to stand in their lives and see things through their eyes. WE value wetlands as habitat for waterfowl, but the poor farmer of Central America may see wetlands (for the same birds during the winter) as unproductive, or as breeding grounds for disease.

To think ecologically you need to bring together eight processes - eight ways of looking at the world. These are KNOWING, IMAGINING, VALUING, CONNECTING, JUDGING, OPENING, INQUIRING, and ACTING. In a sense, human intelligence is an ecosystem, a collection of processes in constant interaction across time. In schools we are taught some of these. We are taught about knowing, and we are taught how to find out (Inquiring). We are often not taught as much about Opening - how to become more aware, to naturally expand our senses and change our perspective - or about ACTING, or IMAGINING. Ecological decisions almost always involve making choices from among alternatives, thus JUDGING comes into play, as does VALUING. This may seem very complex. In a way, it is.

A forest, a pond, a flower bed - all are complex ecosystems. We can try to simplify them by electing to pay attention to only one part or

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Photo: Hugh Phillips

process at one time. But, in the long run, if we want to really understand them, or learn to manage them well, then we must deal with them as wholes. Similarly, in thinking ecologically, we may choose to select ONE of the eight elements or processes at a given time, and to emphasize it. When we are solving math problems, day dreams may not be helpful. But when we are trying to decide whether or not to cut down an old tree, imagination may be as important as knowledge, or values, or action ...

The problems of the world in which young people will live are complex, and often they are also frightening. There are lots of simple solutions being proposed. "Build more bombs." "Move out of the cities and go back to nature." "Close down all factories." "Kill all the wolves." "Stop all hunting." The simple solutions are usually good examples of poor ecological thinking. They neglect many of the eight key processes, or they deal in the wrong time frame. When you are next faced with making a personal decision, of any kind, "environmental" or not, take a minute or so and write down those eight processes and try to think your way through the situation in terms of Knowing (what do I know, what do I need to know...); Inquiring (how could I find out more); Imagining (what will happen if I do this/don't do this); Valuing (what do I think is important, for me, in this situation); Judging (- who else is involved - what are the consequences, or the normal "rules"); Choosing (have I really identified a lot of different possible options); Opening (have I really been aware of this situation - could I change my point of view); and Acting (can I make a plan to do something and will I/have I done it); Connecting (what are the causes of the problem, what will be results of various actions, how does this situation relate to others?)

Ecological thinking is like many other habits - it takes time to acquire, and it is reinforced by practice and success and failure. But, if young people want to live in a saner, safer, more humane and healthy world, for people, and for all life forms, then they'll need to learn to think in a way appropriate to a complex, changing, challenging, opportunity and beauty rich world. The best way to begin is to begin.

Getting Fit: A Lifetime Exercise

By: Mall Peepre, Senior Consultant, Fitness Canada

"Let's Get Physical", the song goes, and now, more than ever before, Canadians are taking this advice to heart. To heart? Yes, and for the rest of the body, since getting "physical" and keeping fit means staying healthy and improving the quality of your life.

Canada is in the midst of a fitness boom. In fact, the Canada Fitness Survey, a 1981 study sponsored by Fitness Canada, announced that more than 11 million Canadians - about 60 per cent of the adult population - can be classified as physically active. Among the 10 most popular activities are walking, hiking, cross-country skiing, jogging, cycling and tennis. "Aerobics" and "dancercise" have become part of our new fitness vocabulary, and sweatsuits are now acceptable street and party wear. But is this fitness boom a passing trend or is it here to stay?

Young Canadians On the Move

The findings of the Canada Fitness Survey regarding Canadian youth are especially impressive. The survey shows that nearly three-quarters of Canada's young people are active. This is an encouraging statistic when you consider that regular physical activity during youth sets the pattern for the future, with popular outdoor pursuits such as tennis and canoeing often continued throughout adulthood.

For the most part, Canadian youth participate in a sport or fitness activity if it is fun, not because it is good for them. When something more enjoyable comes along, or when friends stop being active, physical activity can be easily replaced by lifestyle habits which are less healthy. This makes choosing a particular activity even more important for a young person, as it provides not only physical fitness, but also a long-term interest and lifetime benefit.

Fitting In Fitness

Habits, whether they are good or bad, are easily formed. The difference is that a good habit such as fitness offers certain rewards that other common youth practices, like smoking, drinking and skipping breakfast, don't. When you're physically fit, you feel good, look good, sleep better and chances are that you will be more fun to be with. You also have a healthier future to look forward to. The question for many young Canadians, however, is how do you fit fitness into an already hectic schedule? The Canada Fitness Survey found that more than 85 per cent of young Canadians said they would like to become more active, if only they had more time.

The idea that keeping fit takes a lot of time is a myth. While training for highly competitive sports is time-consuming, home exercises, weight training, recreational gymnastics or cycling can improve or maintain fitness even if you spend as little as 30 minutes per day, three times a week. For students and young people entering the workforce, learning to manage your time is a concern and a challenge. Keeping fit is simply a matter of giving fitness the importance and priority it deserves, and then making time for it.

Fitness Made Easy

Regardless of all the fitness gadgets you see advertised in magazines, there are no magic pills, potions or machines that make you fit without effort. However, you can make staying in shape easier by each day looking for extra opportunities to do something physical. Don't leave all your activity to 30 minutes of calisthenics, even if it is the three-times-per-week activity you have chosen to do.

Adding some healthy activities to your daily routine can be a challenge. Try walking instead of taking the bus. If it's too far, walk from bus stop to bus stop until you see a bus coming - then run for it. Stretch high on your toes to get things off the top shelf. Carry small weights, like rocks, when walking or hiking, and use them as mini-weight training equipment to do arm and shoulder exercises. Small things perhaps, but they can add up to a meaningful part of your fitness program.

A Personal Fitness Program

You may think that a comprehensive fitness program requires special facilities, expensive running shoes and lots of time. In fact, a basic program can require as little as three or four sessions per week, and without any facilities at all.

It is really quite easy to design a personal fitness program, if you keep in mind the four main components: flexibility, cardio-respiratory fitness, muscular endurance and strength. Add to these some exercises or sports that develop coordination, balance and agility, and you have a well-rounded program.

The exercises which make up your fitness program need not be complicated or boring. For example, weight training is a popular method of improving muscular endurance and strength, and can be done at home or at school, with or without fancy equipment. You can even weight train at camp, using wood logs as weights. Young women can weight train too, and contrary to popular belief, will not automatically end up with bulging muscles. You will, though, strengthen your muscles, make them firmer, and improve your overall appearance. Just make sure to include exercises for all major muscle groups in the body.

Being flexible means your joints can move more easily, which can help prevent common injuries such as strained or sore muscles. A combination of slow stretching, bending and twisting exercises will contribute to overall flexibility. According to Canada Fitness Survey results, young men especially need to work on improving their flexibility.

Aerobic conditioning for cardio-respiratory fitness improves the capacity of the heart and lungs to take in oxygen and deliver it through the body. This requires continuous, total body activity for 15 to 30 minutes at a time. Activities such as skipping, dancing, climbing stairs and jogging are great ways of achieving this right at home. If you prefer outdoor sports, swimming, cycling and soccer qualify as excellent aerobic activities.

A basic home fitness program can start with a half-hour workout accompanied by your favourite music. Build on that, and be sure to include a sports activity outside the home at least once a week. For an outdoor enthusiast, a weekend hiker or ski jaunt offers more than a fitness opportunity - it also relaxes and refreshes you for the week ahead.

The Challenge of Fitness

The true fitness challenge is finding something that you enjoy and which, at the same time, is good for your physical and mental well-being.

For many young people, this challenge comes from competition. Team sports like volleyball, hockey and ringette are extremely popular and combine the opportunity for all-out competition with a development of skills and improved fitness. Getting involved in team sports is quite easy, since they are offered in recreation leagues and programs, schools, community centres and agencies like the YM/YWCA. Team sports also have the attraction of being social as well as fitness activities, and most can be continued throughout adulthood in recreational sports leagues. Of course, the challenge of fitness doesn't have to involve team sports. One-on-one competition, like racquetball or tennis, offers its own incentives and rewards, while individual pursuits such as jogging or running are a lot easier to schedule and can provide even greater personal satisfaction by allowing you to set and reach your own personal goals.

Most larger centres in Canada have a variety of individual sports clubs with strong youth programs. For example, canoeing, badminton, cross-country skiing and orienteering clubs normally offer both recreational and competitive opportunities. Whatever you are personally motivated to do, check out the clubs in your area to find out what they can offer you as either participant or leader.

Another total fitness challenge for many young people, and adults, lies in currently popular "adventure" sports like white water canoeing, rock climbing, mountaineering and backpacking. As long as you have the knowledge and skills to overcome the risks involved, these kind of activities can test both your physical and emotional fitness, and can provide the spark to get you "hooked" on the outdoors forever.

It's Your Move

Getting into the fitness habit is a true challenge, maintaining it an admirable quality, but using it to influence those around you is perhaps the greatest achievement of all. It is also your responsibility as a young adult and you can find the opportunity to influence in a multitude of situations.

As a future parent, or if you are one already, you can help your children adopt an active lifestyle at an early age. Exercise with them and create in them a love for the outdoors. Help them recognize that even household chores like raking leaves and shovelling snow can be fun fitness activities when done together as a family.

The opportunity to influence also exists at camp, where as a leader, setting a personal example and giving advice to younger leaders and campers is a large responsibility. Live up to that responsibility by making fitness a year-round commitment and not just a summer diversion.

Take a moment to reflect on your personal motivation for fitness. Do you want to get into a conditioning program to improve your skills or competitive edge in a particular sport? Perhaps you're more interested in a basic fitness maintenance program that can be continued for a long time? Or maybe you just want to lose weight and look better right now? Whatever your reason for wanting to be physically fit, remember that a fit lifestyle can be challenging, satisfying and fun. Explore the opportunities in your community, take the time to sit down and design a personal fitness program, and then do it! The first move is yours.

For further information on fitness, contact:

Fitness Canada, Fitness & Amateur Sport

365 Laurier Ave. West

Ottawa, Ontario K1A 0X6

("Fitness Questions and Answers", "Health and Fitness", and other booklets)

Canada Fitness Survey

506-294 Albert Street

Ottawa, Ontario K1P 6E6

(Various reports - \$4.00 each)

Canadian Camping Association

(See 1983-84 Publications Catalogue for books on active games for youth.)

Your provincial ministry responsible for fitness and sports.

La condition physique: plus qu'hier et moins que demain

par: Mall Peepre, Conseillère majeure, Condition physique Canada

Les Canadiens ne trinquent plus à leur santé, ils marchent, dansent, courent, paient ... Au Canada, le goût du jour est à la condition physique. En effet, l'Enquête condition physique Canada, commanditée par Condition physique Canada en 1981, a révélé que plus de 11 millions de Canadiens, soit environ 60 % de la population adulte, sont "actifs". Ces Canadiens "actifs" s'adonnent le plus souvent à la marche, à la randonnée pédestre, au ski de fond, au jogging, au cyclisme et au tennis. La danse aérobic fait autant d'adeptes que le charleston en faisait jadis et le coton ouaté trouve maintenant sa place dans les restaurants et les soirées mondaines. La condition physique sera-t-elle toujours aussi populaire ou la relégerons-nous aux oubliettes?

Soyez de la partie

L'Enquête condition physique Canada démontre que près de 75 % des jeunes Canadiens sont actifs. Des statistiques impressionnantes et d'autant plus réjouissantes que les activités physiques entreprises dès un jeune âge créent de bonnes habitudes qui ne se perdent pas. Le tennis et le conotage, par exemple, sont des activités de plein-air auxquelles continuent souvent de s'adonner les adultes.

Si les jeunes s'adonnent à une activité sportive ou de conditionnement physique, c'est habituellement plus pour s'amuser que pour être en santé. Il suffit qu'une autre activité plus plaisante s'offre à eux, ou encore que les camarades s'en désintéressent, pour que la condition physique soit remplacée par de moins saines habitudes. Par consé-



Photo: Fitness Canada

quent, l'activité que choisissent les jeunes fait bien plus qu'améliorer leur condition physique, elle leur offre des avantages durables.

Mettez la condition physique à sa place

Prendre un bon pli, c'est aussi facile qu'en prendre un mauvais. Par contre, le bon pli de la condition physique vous offre des avantages que n'offrent pas les "mauvais plis" souvent pris par les jeunes: le tabac, l'alcool, l'absence de petit déjeuner. Lorsque vous êtes en forme, vous êtes bien dans votre peau, vous faites bonne figure, vous dormez mieux, et qui sait, vous êtes probablement une meilleure compagnie. Vous avez en outre un plus bel avenir devant vous. Mais comment ajouter la condition physique à un horaire déjà chargé? C'est la question que se posaient 85 % des jeunes Canadiens qui ont répondu à l'Enquête condition physique Canada. Ces jeunes gens et jeunes filles affirmaient qu'ils seraient plus actifs s'ils en avaient le temps.

L'opinion populaire veut que la condition physique prenne un temps fou. Bien que l'entraînement pour les sports de compétition demande beaucoup de temps, un programme d'exercice à domicile, la musculation, la gymnastique récréative ou le cyclisme peuvent améliorer et maintenir votre condition physique même si vous n'y consacrez que 30 minutes par jour, trois fois par semaine. Pour ceux d'entre vous qui êtes étudiants ou jeunes travailleurs, la gestion du temps est un élément important. Pour être en forme, il vous suffit d'attacher à la condition physique l'importance qu'elle mérite et de lui consacrer un peu de temps.

Exception faite de la potion magique d'Astérix, il n'y a pas de remède ou de machine miracle qui peut vous aider à être en forme sans effort. Vous pouvez toutefois vous faciliter la tâche en multipliant les occasions de vous dégourdir un peu pendant la journée. Ne comptez pas uniquement sur les 30 minutes d'exercice que vous faites trois fois par semaine.

Il peut être amusant de consilier votre routine journalière et vos activités physiques. Marchez au lieu de prendre l'autobus. Si le trajet est trop long, allez d'un arrêt d'autobus à l'autre jusqu'à ce que vous voyiez l'autobus et rattrapez-le à la course. Étirez-vous sur la pointe des pieds pour tirer les objets des tablettes. Tenez de petites pesées (pierres, etc.) dans vos mains lors d'une promenade ou d'une randonnée et servez-vous de ces poids pour exercer la musculature de vos bras et de vos épaules. Ce sont de petites choses, soit, mais elles contribuent toutes à votre programme de conditionnement physique.

Faites-vous un programme sur mesure

Vous croyez peut-être qu'il faut des installations spéciales, des chaussures coûteuses et beaucoup de temps pour suivre un programme de conditionnement physique. En vérité, un programme de base peut consister en trois ou quatre sessions hebdomadaires et ne nécessite aucun équipement.

Vous pouvez facilement élaborer votre propre programme de conditionnement physique si vous vous assurez d'y inclure les quatre éléments suivants: la souplesse, l'aspect cardio-respiratoire, l'endurance musculaire et la force. En ajoutant des activités qui améliorent la coordination, l'équilibre et l'agilité, vous aurez un programme complet.

Vous pouvez atteindre ces objectifs tout en vous amusant. La musculation, par exemple, est très populaire et permet d'améliorer l'endurance et la force musculaires. Vous pouvez vous y adonner à la maison ou à l'école, avec ou sans appareils. Vous pouvez même vous entraîner au chalet, en vous servant de bûches de bois comme poids. Les jeunes femmes aussi peuvent pratiquer ce sport sans nécessairement développer de gros muscles. Vous raffermirez vos muscles tout en contribuant à votre apparence. L'important, c'est de faire des exercices adaptés à chaque grand groupe de muscles.

Qui dit souplesse dit articulations sans raideur. Si vous êtes souple vous pourrez éviter certaines blessures courantes, notamment les muscles étirés ou endoloris. Pour améliorer votre flexibilité, faites des exercices d'étirement, de rotation, de flexion et d'extension. Les jeunes hommes ont tout particulièrement intérêt à améliorer leur flexibilité, comme le révèle l'Enquête condition physique Canada.

Le conditionnement aérobique (cardio-respiratoire) améliore la capacité du cœur et des poumons de faire circuler l'oxygène dans tout le corps. Il vous faut donc entreprendre une activité physique complète et soutenue d'au moins 15 à 30 minutes par session. Si vous faites vos exercices cardio-respiratoires à la maison, sautez, dansez, montez les escaliers ou courez. Si vous préférez l'extérieur, la natation, le cyclisme et le soccer ne sont que quelques-unes des activités aérobiques les plus efficaces.

Le programme que vous avez conçu devrait d'abord comprendre une demi-heure d'exercice accompagné de votre musique favorite. Ajoutez toujours quelque chose à votre programme et assurez-vous de "jouer dehors" au moins une fois par semaine. Pour les férus de plein-air, la fin de semaine de ski ou de randonnée mariera la condition physique et la détente.

Relevez le défi

Le vrai défi que vous avez à relever est celui de trouver une activité qui vous plaît et qui contribue à votre bien-être physique et mental.

Un grand nombre de jeunes stimulés par la compétition. Les sports d'équipe, notamment le ballon-volant, le hockey et la ringette jouissent d'une grande popularité et allient la compétition, l'adresse et le conditionnement physique.

Les sports d'équipe sont à la portée de tous, puisqu'ils sont offerts par une variété de ligues récréatives, d'écoles et de centres communautaires. Si ces sports sont attrayants, c'est qu'ils encouragent la camaraderie et qu'ils sont souvent offerts aux adultes. Le raquetball et le tennis, même s'ils ne sont pas des sports d'équipe, comportent aussi des avantages. Par ailleurs, les activités individuelles comme jogging peuvent être faites en tous temps et offrent une plus grande satisfaction

personnelle en vous permettant d'atteindre les objectifs que vous vous êtes fixés.

Presque tous les grands centres du pays offrent à la jeunesse des programmes complets. Les clubs de canotage, de badminton, de ski de fond et de course d'orientation offrent des activités récréatives et de compétition. Peu importe vos goûts, renseignez-vous auprès des clubs de votre région au sujet des programmes d'animation et de participation qu'ils offrent.

Les jeunes de tous âges sont aussi attirés par les sports "d'aventure" comme le canotage en eau vive, l'escalade, l'alpinisme et la randonnée en montagne. En autant que vous êtes en mesure de parer aux dangers, ces activités peuvent mettre à l'épreuve votre forme physique et mentale et faire de vous un "mordu" de plein-air.

À vous de jouer

Si se mettre en forme est un véritable défi, et garder sa forme est admirable, en donner l'exemple est encore mieux. En tant que jeune adulte, vous devez saisir les nombreuses occasions qui s'offrent à vous de faire profiter les autres de votre expérience.

Vous serez peut-être un jour parent, si vous ne l'êtes pas déjà, et vous pourrez aider vos enfants à prendre de bon plaisir dès leur jeune âge. Faites des exercices avec eux et faites naître en eux le goût de la nature. Prouvez-leur que les tâches domestiques, notamment râcler des feuilles et peller, peuvent être amusantes et saines lorsque toute la famille y met du sien.

Vous pouvez aussi faire valoir la condition physique au camp, en donnant des conseils aux campeurs et aux autres moniteurs. Soyez à la hauteur de cette responsabilité et poursuivez vos efforts une fois l'automne arrivé.

Prenez le temps de réfléchir sur l'importance qu'a pour vous la condition physique. Voulez-vous améliorer votre esprit de compétition et votre adresse à un sport précis? Préférez-vous un programme à long terme? Peut-être voulez-vous tout simplement perdre un peu de poids? Peu importe ce qui vous pousse à agir, rappelez-vous qu'un mode de vie sain est synonyme de défis à relever, de satisfaction personnelle et d'agrément. Partez à la découverte des services offerts dans votre voisinage, élaborer votre propre programme de conditionnement physique, et allez-y! C'est à vous de jouer.

Pour plus de renseignements au sujet de la condition physique, adressez-vous à:

Condition physique Canada
365 ouest, avenue Laurier
Ottawa (Ontario) K1A 0X6

L'Enquête condition physique Canada
506-294, rue Albert
Ottawa (Ontario) K1P 6E6

L'Association des camps du Canada
voir le catalogue de 1983-84 sur les publications de l'ACC

Les ministères provinciaux responsables de la condition physique et de sports amateurs.

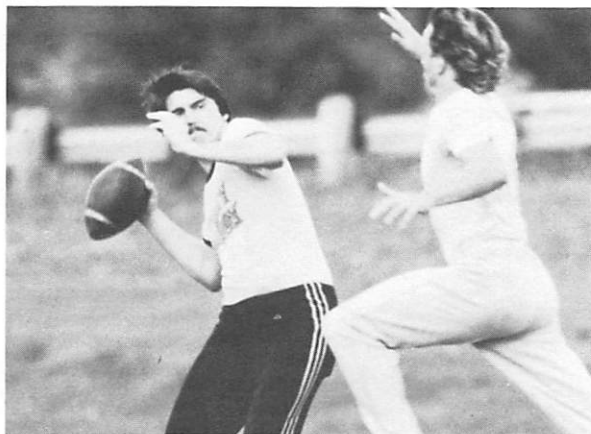


Photo: Fitness Canada



CCA Joins Together for International Youth Year National Celebration Event, Wednesday, July 24

By: Ian Fowler

The Canadian Camping Association invites its member camps to celebrate International Youth Year by participating in a country-wide salute to our youth.

Although the CCA recognizes that each camp program is unique, it is hoped all will participate to some degree in this day for youth.

How Will CCA Help?

The Canadian Camping Association will provide each member camp with a kit of program material suitable for the day's event. The kit will be directly mailed to each camp in early May. Kit contents include:

Historical Roots Activities - Dr. Bruno Morawetz, Camp Ponacka
Environmental Activities - Mike Walters, Camp Chief Hector
Fitness Activities - Fitness Canada
Peace Activities - Canadian Peace Congress
IYY Campfire Program - Jack Pearse, Jane McCutcheon,
John Jorgenson, Camp Tawingo

What Can You Do?

As an individual member camp you can help by sharing the kit contents with your staff during pre-camp. Much of the program material is suited for camp programming on a regular basis.

The most important contribution you can make is to dovetail the program activities or design a special IYY program for July 24. Although all activities may not be suitable for your program, it is hoped that each camp will at least use the special IYY campfire program giving the CCA salute to youth one common denominator.

Finally, attempt to keep the United Nations themes of peace, roots and development in the forefront of your 1985 summer program.

Need Future Information?

Contact your Provincial Camping Association President or National Co-ordinator, Ian Fowler, 100 Westmorland Street, Moncton, N.B. E1C 5B2. (506) 853-3333 ext. 269.

Photo: Fitness Canada



Photo: Hugh Phillips



Peace: Our Bold New Hope

By: Fred Weir, Member, Canadian Peace Congress

Canadians under thirty may well be the most fortunate generation in history. We live in the midst of a scientific and technological revolution that is remaking the world. It promises to banish hunger, disease, ignorance, perhaps even death itself. Knowledge is exploding, throwing open a vast new universe of opportunity and experience, creating possibilities undreamt of by our ancestors.

Yet this very revolution has saddled us with a terrible choice. For the first time we possess the ability to destroy ourselves completely, but we have not yet learned to control this knowledge.

The nuclear arms race, product of our newfound scientific prowess combined with our ancient proclivity to make war, now threatens our world with a dual catastrophe.

On one hand, we must live with the daily fear that diplomatic miscalculation, political crisis, or even computer error may bring our civilization to an abrupt and fiery halt. On the other hand, we are faced with slow, agonizing economic death as the wealth and resources that are so critical to our future bleed away, squandered on ever-growing stockpiles of unproductive armaments.

The world, in 1985, will spend almost \$1 trillion on weaponry. This figure boggles the imagination: it is greater than the total income earned last year by the 1½ billion people living in the fifty poorest countries on Earth.

It is, however, much more than money. Nearly half of the world's scientists and engineers are today employed in military-related jobs. How can any dollar figure be placed upon this gigantic misappropriation of human ingenuity? Furthermore, the world's military machines are guzzling our precious non-renewable resources at an astounding rate; they take the youngest, the brightest and the healthiest people; they put nothing back into the economy.

We have numerous critical global problems to resolve if we are to survive the twentieth century, and bequeath a better world to our children: pollution, hunger, disease, energy crisis, to name a few. Yet our best brains and resources are siphoned-off into military activity and, as a consequence, our chances of successfully dealing with these problems diminish sharply. The arms race grinds us down; our future is being mortgaged in its name.

We must also live with the constant spectre of nuclear war - which today looms closer than ever. Our political leaders, in their fruitless quest for "security", have given us a world that bristles with over 50,000 nuclear weapons; an arsenal of instant death, capable of destroying our planet forty times over.

Scientists now say that the explosion of as little as 1% of these existing nuclear weapons could so seriously destabilize global climate and ecology as to render our Earth a dark, frozen, lifeless place. They call this the "Nuclear Winter".

Many people argue that nuclear weapons are necessary to maintain "deterrence", to prevent the "other side" from threatening, or dominating us. There is some truth in this: nuclear disarmament will not work if it is only a one-sided process. Peace can never prevail while some are preparing for war.

However, it is also true that solutions will never come from those who speak in the language of the Cold War. We have inherited from the past a system of warfare, deep ideological differences, national chauvinism and cultural hatreds. Ours is a divided world.

Many of our political leaders continue to pursue these conflicts in the same old ways. The difference is that today they brandish nuclear weapons, not spears or rifles.

The day after the first atomic bomb was dropped on the Japanese city of Hiroshima, Albert Einstein stated the most fundamental truth of the nuclear age. He said, "Humanity now hold in its hand a weapon with which it can commit collective suicide ... Everything has changed except our way of thinking. A new type of thinking is essential if mankind is to survive and move to higher levels".

New ways of thinking are not easy to develop. One thing, however, is certain: they will not come from those politicians, military leaders, arms manufacturers and conservative thinkers who have vested interests in

perpetuating the Cold War, and its deadly twin brother, the arms race.

New, creative and imaginative ideas are emerging from the growing worldwide peace movement. Young people, in particular, are signalling their impatience with a situation that seems to promise, ultimately, only death and destruction. They are putting forward bold new hopes.

In Canada a wide variety of peace groups have sprung up in recent years. They are organized from the national scale down to the community level. They cut across the political spectrum, embracing churches, trade unions, student associations, native and women's groups, scientists, doctors, teachers ... even politicians!

Canadian peace groups engage in a wide variety of activities. They have organized petitions and demonstrations, seminars and sit-ins, bake sales and rock concerts. They have offered a wide variety of proposals designed to turn the tide in favour of peace and disarmament.

There is only space here to mention a few of the most important proposals that have been made by major Canadian peace organizations and coalitions in the past several months:

- Make Canada a Nuclear Weapons Free Zone. Canada should renounce all forms of involvement in the nuclear arms race, including the production of components, transportation or storage of nuclear weapons on our territory, testing or training with nuclear weapons on our soil. Instead, Canada should use its influence to become a strong, independent voice for peace, stability and sanity in today's troubled world.
- Support a Nuclear Freeze between the superpowers. Polls show that fully 85% of Canadians support this idea, and many governments - including the government of the USSR - have expressed a willingness to try it. A Freeze could be a critical first-step toward deeper reductions.
- End Cruise Missile testing in Canada.
- Transfer funds from military budgets to social needs. Canada could take the lead in demonstrating to the world what might be accomplished if some of the billions now spent on arms were put to work to create jobs and meet real human needs.

Peace is everybody's business. It can only be achieved by everyone involving themselves, and contributing their energies and ideas. Our choice is, quite literally, between life and death.

- Make Canada a Nuclear Weapons Free Zone. Canada should renounce all forms of involvement in the nuclear arms race, including the production of components, transportation or storage of nuclear weapons on our territory, testing or training with nuclear weapons on our soil. Instead, Canada should use its influence to become a strong, independent voice for peace, stability and sanity in today's troubled world.



Photo: Sparrow Lake United Church Camp

Tracing Your Roots

By: Bob Stewart, Vancouver, B.C.

Camp is a time for stories. It is a time for listening to stories, and for telling stories. While some people are good at telling whoppers, sometimes true stories are even more surprising adventures than the kind people invent. Some of the most interesting true stories are the stories that come out of the history of families. The story of your family can help you understand your parents and their parents, and sometimes they can even help you understand what makes you tick. Sometimes the history of your family can tell you things that make you proud. Other times, you may discover things that at first you don't really want to hear.

One of the ways that people begin to get to know the history of their family is by making a family tree. Think of a tree at camp. Many camps have a favourite old tree; one camp I know near Vancouver has a pair of trees, Old Bill and Big Ben. They stand alongside one another, and especially on a windy night it's not hard to imagine that they are talking to one another. What might they be saying? Perhaps Big Ben and Old Bill are brothers, or long-lost relations, and that down under the earth out of sight they have roots that connected centuries before. And I can imagine the two of them on a windy night swaying in the breeze, exchanging stories from their past, telling stories about other trees that were part of their family tradition and history.

There are times when I meet someone who is from the same area as my grandparents, and they have the same last name, and I begin to wonder ... are we related? Could we be like another? Do we have a common great-great-great grandparent way back out of sight? Making a family tree in order to begin to get to know your family history can be a real detective hunt, full of surprises and tricks and missing clues.

Imagine yourself as a tree. You are standing in the meadow, a single trunk coming out of the ground. You look up and see two branches, you mother, and your father. Your father's name is Green, and your mother's name is Brown. You decide to look at the Green branch more closely. There are two branches coming out of that branch, -his father and mother. And then you try to see what's growing out of those two branches, and they are getting further out of sight, and harder to see, but you've got a pretty good idea that the tree goes a long way up, and there are a lot of other branches around that need to be identified. And then you look at the other branch, the Brown side of the family tree that your mother is a part of. There are a similar series of branches that grow out of one another, stretching out of sight. And you can see your great-grandfather Brown who turned up in your history book at school as a **Father of Confederation**, and another branch that you heard was involved somehow in the American Revolution. And another branch that was an inventor. But then you start to wonder: I wonder how I am related to all these interesting people? And how do I go about tracing my relations back over the years, so I can begin to know my family history?

There are a couple of things that the above story suggests. First, in making a family tree, you will need to be very careful and organized if you are to have a tree that is accurate. Second, it is best to start with one side of the family at a time in your search for your family tree. While it is an adventure and a detective hunt that can provide as many challenges as you could wish for, if you are to discover the stories that make up your family history, you will need to have a combination of careful organization and imagination - as becomes any good detective.

All of your relatives have stories to tell. All of them can tell stories that can give you clues to the tree you are growing. As the tree grows you will discover old portraits and diaries, you will read of the struggles of emigrating from far-away lands. Somewhere along the way you will likely discover the old "favourite" relation in your family tree. Perhaps he or she had the same hobby as you. Perhaps they worked at a job you would like to have. Perhaps they were great campers, like yourself.

But what can you do at camp that will help you get started on growing your family tree? You are a long way from old diaries and photographs and archives. Your parents and grandparents and aunts and uncles are not at camp, so you can't talk to them. There are no baptism, marriage or burial records, or old wills at camp - all of which are useful in searching



Photo: Mi-A-Kon-Da

your family tree. And if you really are keen, you can't join the local genealogical society to get their advice and help until you get home from camp. So what can you do at camp. You can tell the stories you know. And you can begin to plan what you will do when camp is over if you want to grow a family tree. Telling family stories and listening to the family stories of other campers can be a lot of fun. You can tell stories on yourself. Do you know how your parents met? Was it funny? Most of our families immigrated to Canada at one time or another. Do you know when your family did? Do you have any idea what it was like? Do you have a favourite family relation? What makes that relative your favourite? Do you know of any other relations you have that worked at the same thing you would like to work at? There are a variety of questions you might ask to begin to be able to tell family history stories at camp. Perhaps campers can try to tell stories about their grandparents, or their great-grandparents. What was it like when they were around? What kind of work did they do? Do people still work at the same kind of jobs? How would they be both different and the same as you?

Perhaps after hearing and telling some family stories at camp, you may want to try to trace your family tree when you get back home. While you are still at camp you can begin to grow the tree with the first few generations: yourself, your parents, grandparents, and perhaps your great-grandparents. You can fill out the branches by listing your aunts and uncles, great-aunts and great-uncles. What kind of information should you put beside their names? You should try to put the year they were born, and where they were born, and the year they died and where they died. And you should identify when and where they married. The "tree" will look like this, with yourself in #1. (Page 13)

Each of the great-grandparents listed on the right-hand side of the page (#'s 8-15), will become the new beginning point on eight new sheets that will take you back for three more generations. This can be repeated as far back as you can go.

This "tree" is a very simple structure. If you get really hooked on doing your family tree, you may likely wish to develop a form for each specific family which can give much more information and detail. In this brief introduction, I cannot provide all the detailed information on what such a form might look like, and I would suggest that you read a book or two on doing family trees, or "genealogy" as it is called. There are many books in any public library that can give you much more detail than I can in this brief article.

Where do you go to start tracing your roots? First, you talk to your parents and grandparents (and great-grandparents if they are still alive). Gather "family stories". But treat them with a bit of care. Time has a way of adding to old family stories, and sometimes the stories will lead you off on a wild goose chase. Sometimes they can be very interesting without being very true. When you talk to your relatives, ask them for details of the life of the earlier relatives: Where was Grampa Green born? Where did he marry? What religion was he? (this sometimes changes when people marry. Religion is important when you come to

tracing records of baptisms or marriage.) Who were Grampa Green's brothers and sisters? Do you know if Grampa Green left a will? (Wills are very valuable in tracing your family tree.) Did Grampa Green have any diaries or papers I can look at? Did Grampa Green have a family Bible?

If Grampa Green had a family Bible - and many families did have them not so long ago - it could be a real treasure for your search. As well, there are a variety of other sources of information for growing your family tree: archives, genealogical reference libraries (usually part of the local genealogical society), churches and church archives, vital statistics departments of governments. It is quite possible that if your family has not been in Canada for very long, you will soon find yourself writing to the countries of your ancestors. This is a whole new dimension, and I would recommend that you look at a number of guides that are to be found for this in your local public library. If you write anywhere it is essential that you provide as much accurate detail as possible in terms of dates and names and places as you are able, be it a marriage register, a baptismal record, or what have you.

As our society becomes increasingly fast-paced, and as we find it harder and harder to keep a sense of who we are in the midst of our world, it is important that we seek out a sense of rootedness in the midst of change. For many people, searching out the "roots" - growing a family tree - contributes to that sense of being at "home" in the world. Carl Sandburg, an American poet, put it another way: "When a society or civilization perishes, one condition can always be found. They forgot where they came from."

Further reading: There are hundreds of books which can help the genealogist get started. There are also hundreds of guides and reference works on specific countries, even specific families, that one can use. I list only a few as possible resources:

Angus Baxter, *In Search of Your Roots: A Guide for Canadians Seeking Their Ancestors*. Toronto: Macmillan of Canada. 1978.

How To Trace Your Family Tree. American Genealogical Research Institute Staff. Garden City, New York: Doubleday. 1975.

Harold Kelley, *In Search of Your Family Tree*. New York: St. Martin's Press. 1977.

Bill R. Linder, *How to Trace Your Family History*. New York: Everest House. 1978.

My Family Tree

1. _____	4. _____	8. _____ (see chart # _____)
Born:	Born:	
Where:	Where:	9. _____ (see chart # _____)
	Married:	
	Where:	
	Died:	10. _____ (see chart # _____)
	Where:	
2. _____	5. _____	11. _____ (see chart # _____)
Born:	Born:	
Where:	Where:	12. _____ (see chart # _____)
Married:	Died:	
Where:	Where:	
Died:		
Where:	6. _____	
	Born:	13. _____ (see chart # _____)
3. _____	Where:	
Born:	Married:	
Where:	Where:	14. _____ (see chart # _____)
Died:	Died:	
Where:	Where:	
	7. _____	
	Born:	15. _____ (see chart # _____)
	Where:	
	Died:	
	Where:	

New Resource

Science Is ... Everything, For everyone, In Everything
Youth Science Foundation, 1985

Science really involves the wonder and excitement of exploring the world around us ... the activities downplay memorizing facts or focusing on dry experiments. Topics included in the book are: Matter and energy, weather, and Science Olympics.

For more information contact Susan Bosak, 310-224 St. George Street, Toronto, Ontario M5R 2N9. (416) 927-9830.

International Youth Year Award in New Brunswick

Recently, Eric Richards was the first recipient of the Minister's Award from the Hon. Leslie Hull, the Minister of Youth for the Province of New Brunswick. To celebrate International Youth Year, New Brunswick has introduced the Youth Investment Program.

Any youth in the Province of New Brunswick between 15 and 24 is eligible. Candidates must complete 100 hours of volunteer services in each of four categories, including community work, culture, student council, assisting in sports, recreation and church.

Eric, who is 20 years old and lives in Campbellton, N.B., far surpasses the 100 hour minimum. Specifically he is a member of a local theatrical group, was active in high school and Christ Church. In working with youth category Eric assisted with Scouts, states John Jewett, who applied for the Award. "Eric is well deserving the Award, as he does volunteer work without the incentive of earthly rewards".

Kindred Groups Celebrate International Youth Year

Two national organizations report that they are in the final planning stage for their International Youth Year celebrations.

Scouts Canada announce their upcoming 6th Canadian Jamboree July 3rd to 12th at Guelph, Ontario. Organizers expect 15,000 Scouts and Venturers, aged 11-18 to participate with 2,000 volunteer leaders. Information on this Jamboree is available from district, regional and provincial offices of Scouts Canada.

The National Canadian Girls In Training Association (CGIT) are planning a national camp in Manitoba at Camp Brereton August 16th to 27th. Fashun Watts, CGIT Executive Secretary, explained that this is the first National Camp since 1956. Forty-eight senior girls aged 15-17 will represent the eight regions at Brereton, located 90 miles from Winnipeg. Congratulations to the National CGIT Camp Council for their exciting celebration of their 70th Anniversary and International Youth Year.

One World

By: Mary S. Edgar

Vast are the deserts of the world,
Wide-stretched the lonely sea,
High the forbidding mountains
Standing guard eternally;
But matchless are the countries
North, south, and east and west,
Which our brothers call "The Homeland",
And which each considers best.
Though we contemplate each other
As an alien, and quite odd,
We're all of us related
In the family of God.
We have never lived as neighbours;
Hate has kept us wide apart,
Yet we have a bond in common,
An understanding heart.
Our language may be different
And the costumes that we wear,
But we know the balm of laughter,
And pain and sorrow share.
The Golden Age will surely come
When fearful warfare ends,
When we esteem our fellow men,
And greet them as our friends.
If we would be the builders
Of the bridges yet to be,
'Cross the racial gulfs and canyons
That frustrate sodality;
We must strive to make the cables
Strong and steadfast till they seem
The causeway Peace has visioned,
Making true her age-long dream.



Jay Haddad

To Youth

By: Mary S. Edgar

With faith in the unknown future,
And valour to meet each test,
In a spirit of high adventure
Gain the heights of your best.
You who are young and a dreamer
Will glimpse a city to built,
Where the shining towers of justice
Will rise as you have willed.
Work must be ever the key-stone
To make a dream come true
And a building greatly needed
May arise because of you.
You who are young and daring
Must help the prayers come true,
Of a world with deep forebodings
And needing the faith of you;
Needing the strong true vision
Of a day when war shall cease,
When the atom re-employed
Shall build the bridge of peace.



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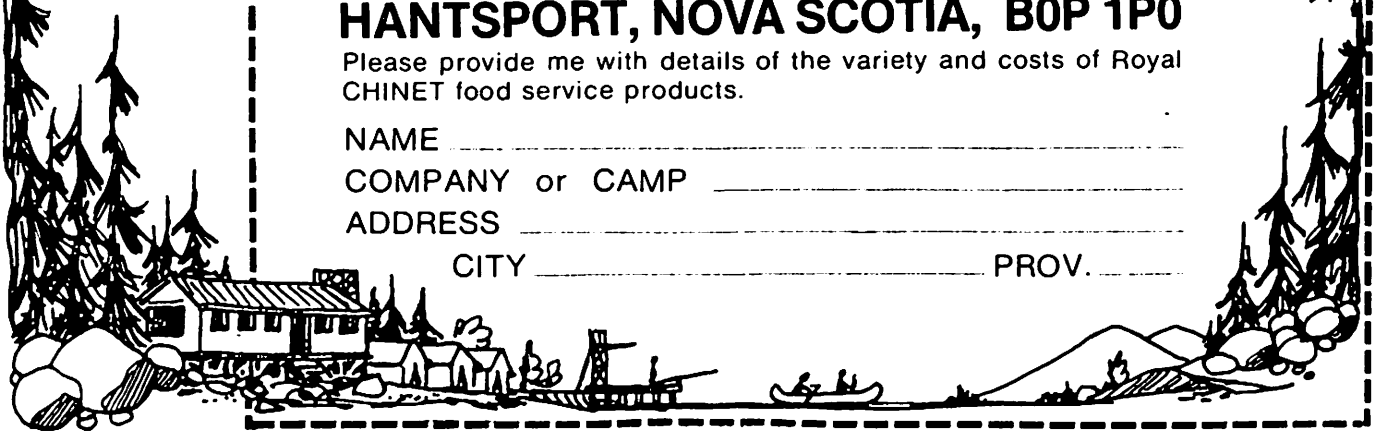
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VOL. 37, NO. 1
SPRING 1985
ISSN 008-3119

National
Physical Activity Week
May 25-June 2, 1985
Semaine
nationale de l'activité physique
25 mai-2 juin 1985



Government of Canada
Fitness and Amateur Sport

Gouvernement du Canada
Condition physique et Sport amateur

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May 25—June 2, 1985

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